

## Full Report (All Nutrients) 15018, Fish, cod, Atlantic, dried and salted

Report Date: June 25, 2017 18:12 EDT

Nutrient values and weights are for edible portion.

Food Group : Finfish and Shellfish Products

Carbohydrate Factor: 3.87 Fat Factor: 9.02 Protein Factor:4.27 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g	1 piece (5-1/2" x 1-1/2" x 1/2") 80g	3.0 oz 85g
<b>Proximates</b>							
Water	g	16.14	--	--	4.58	12.91	13.72
Energy	kcal	290	--	--	82	232	246
Energy	kJ	1212	--	--	344	970	1030
Protein	g	62.82	--	--	17.81	50.26	53.40
Total lipid (fat)	g	2.37	--	--	0.67	1.90	2.01
Ash	g	18.67	--	--	5.29	14.94	15.87
Carbohydrate, by difference	g	0.00	--	--	0.00	0.00	0.00
Fiber, total dietary	g	0.0	--	--	0.0	0.0	0.0
Sugars, total	g	0.00	--	--	0.00	0.00	0.00
<b>Minerals</b>							
Calcium, Ca	mg	160	1	--	45	128	136
Iron, Fe	mg	2.50	1	--	0.71	2.00	2.12
Magnesium, Mg	mg	133	--	--	38	106	113
Phosphorus, P	mg	950	1	--	269	760	808
Potassium, K	mg	1458	--	--	413	1166	1239
Sodium, Na	mg	7027	--	--	1992	5622	5973
Zinc, Zn	mg	1.59	--	--	0.45	1.27	1.35
Copper, Cu	mg	0.176	--	--	0.050	0.141	0.150
Manganese, Mn	mg	0.050	--	--	0.014	0.040	0.043
Selenium, Se	µg	147.8	--	--	41.9	118.2	125.6
<b>Vitamins</b>							
Vitamin C, total ascorbic acid	mg	3.5	--	--	1.0	2.8	3.0

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Thiamin	mg	0.268	--	--	0.076	0.214	0.228
Riboflavin	mg	0.240	1	--	0.068	0.192	0.204
Niacin	mg	7.500	1	--	2.126	6.000	6.375
Pantothenic acid	mg	1.675	1	--	0.475	1.340	1.424
Vitamin B-6	mg	0.864	--	--	0.245	0.691	0.734
Folate, total	µg	25	--	--	7	20	21
Folic acid	µg	0	--	--	0	0	0
Folate, food	µg	25	--	--	7	20	21
Folate, DFE	µg	25	--	--	7	20	21
Choline, total	mg	291.3	--	--	82.6	233.0	247.6
Vitamin B-12	µg	10.00	1	--	2.83	8.00	8.50
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00
Vitamin A, RAE	µg	42	--	--	12	34	36
Retinol	µg	42	--	--	12	34	36
Carotene, beta	µg	0	--	--	0	0	0
Carotene, alpha	µg	0	--	--	0	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0	0
Vitamin A, IU	IU	140	--	--	40	112	119
Lycopene	µg	0	--	--	0	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0	0
Vitamin E (alpha-tocopherol)	mg	2.84	--	--	0.81	2.27	2.41
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00
Vitamin D (D2 + D3)	µg	4.0	--	--	1.1	3.2	3.4
Vitamin D3 (cholecalciferol)	µg	4.0	--	--	1.1	3.2	3.4
Vitamin D	IU	161	--	--	46	129	137
Vitamin K (phylloquinone)	µg	0.4	--	--	0.1	0.3	0.3
<b>Lipids</b>							
Fatty acids, total saturated	g	0.462	--	--	0.131	0.370	0.393
4:0	g	0.000	--	--	0.000	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000	0.000

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14:0	g	0.032	--	--	0.009	0.026	0.027
16:0	g	0.321	--	--	0.091	0.257	0.273
18:0	g	0.106	--	--	0.030	0.085	0.090
Fatty acids, total monounsaturated	g	0.342	--	--	0.097	0.274	0.291
16:1 undifferentiated	g	0.056	--	--	0.016	0.045	0.048
18:1 undifferentiated	g	0.215	--	--	0.061	0.172	0.183
20:1	g	0.053	--	--	0.015	0.042	0.045
22:1 undifferentiated	g	0.011	--	--	0.003	0.009	0.009
Fatty acids, total polyunsaturated	g	0.804	--	--	0.228	0.643	0.683
18:2 undifferentiated	g	0.018	--	--	0.005	0.014	0.015
18:3 undifferentiated	g	0.004	--	--	0.001	0.003	0.003
18:4	g	0.004	--	--	0.001	0.003	0.003
20:4 undifferentiated	g	0.078	--	--	0.022	0.062	0.066
20:5 n-3 (EPA)	g	0.011	--	--	0.003	0.009	0.009
22:5 n-3 (DPA)	g	0.035	--	--	0.010	0.028	0.030
22:6 n-3 (DHA)	g	0.423	--	--	0.120	0.338	0.360
Cholesterol	mg	152	--	--	43	122	129
<b>Amino Acids</b>							
Tryptophan	g	0.704	--	--	0.200	0.563	0.598
Threonine	g	2.754	--	--	0.781	2.203	2.341
Isoleucine	g	2.895	--	--	0.821	2.316	2.461
Leucine	g	5.106	--	--	1.448	4.085	4.340
Lysine	g	5.769	--	--	1.636	4.615	4.904
Methionine	g	1.859	--	--	0.527	1.487	1.580
Cystine	g	0.673	--	--	0.191	0.538	0.572
Phenylalanine	g	2.452	--	--	0.695	1.962	2.084
Tyrosine	g	2.121	--	--	0.601	1.697	1.803
Valine	g	3.236	--	--	0.917	2.589	2.751
Arginine	g	3.759	--	--	1.066	3.007	3.195
Histidine	g	1.849	--	--	0.524	1.479	1.572
Alanine	g	3.799	--	--	1.077	3.039	3.229
Aspartic acid	g	6.433	--	--	1.824	5.146	5.468
Glutamic acid	g	9.378	--	--	2.659	7.502	7.971

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Glycine	g	3.015	--	--	0.855	2.412	2.563
Proline	g	2.221	--	--	0.630	1.777	1.888
Serine	g	2.563	--	--	0.727	2.050	2.179
<b>Other</b>							
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0
Theobromine	mg	0	--	--	0	0	0